

Chicken and Dumplings

Another quick, easy leftovers meal to use up ingredients already prepared. Chicken and dumplings can be made partially ahead of time, using either prebaked chicken, canned chicken, or frozen chicken chunks. Avoid using chicken pieces with barbecue sauce on them. Gluten free dumplings tend to be drop dumplings, as most mixes do not have the proper consistency to roll out and be cut into shapes. Sometimes, dumplings fall apart, creating a thick chicken dumpling soup. Although it is possible to make this dish on the stove top, it requires constant stirring to avoid burning. Oven baked is easier and cleaner.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Chicken
- Eggs
- Milk (lactose)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:**Butter****Chicken****Eggs****Milk****Substitute with: _____****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan: 2.5quart pan with lid****Ingredients:****Meat:****2 pounds of diced chicken****Vegetables:****15 ounces of carrots****15 ounces of peas****15 ounces of diced potatoes****Other ingredients:****Baking mix (gluten free)****Verify extra ingredients:****1/2 cup of butter****2 eggs****1/4 cup milk, or****1/4 cup water****1 tablespoon of butter****Mushroom soup (gluten free)****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes**

Preparation:**Baking Mix:**

1. Combine in a mixing bowl.

Verify extra ingredients:

1/2 cup of butter

2 eggs

1/4 cup milk, or

1/4 cup water

Vegetables:

1. Open cans of:

15 ounces of carrots

15 ounces of peas

15 ounces of diced potatoes

Meat:

1. Dice 2 pounds of cooked chicken

Combine in oven safe pan:

1. Melt 1 tablespoon of butter, and cover the bottom of the 2.5 quart pan.
2. Add:
 - 15 ounces of carrots
 - 2 pounds of diced chicken
 - 1 can of gluten free mushroom soup
 - 15 ounces of peas
 - 15 ounces of diced potatoes
 - Dash of salt
 - Spices, such as pepper, to taste
3. Add the baking mix in small spoonfuls.
4. Spread it throughout the mixture.
5. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 to 2 hours

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.